

Covid-19 and flu social media messaging

Join us on social media so we can remind eligible groups to #BeWiseImmunise

Please tag North East and North Cumbria ICB in your social media posts and use #BeWiseImmunise

Our social media handles are:


Facebook - NorthEastandNorthCumbriaNHS
X (the new name for Twitter) – @NENC_NHS
Instagram – nenc_nhs
TikTok - @NENC_ICB


The following pages include social media posts for the flu and COVID-19 autumn/winter campaign 2024.

All assets are available to download from the [ICB toolkit page](#) and are supported by paid for advertising, radio, outdoor and programmatic advertising.

This toolkit will be updated regularly with new messages and assets.

Flu and COVID-19			
		Visual	Video links
<p>1. General</p>	<p>Be wise, immunise!</p> <p>You can get a free COVID-19 vaccine if you are:</p> <ul style="list-style-type: none"> • pregnant • aged 65 years and over • 18 years to under 65 years in high-risk groups • a long-stay care home resident • a carer • a frontline health or social care worker <p>Flu vaccinations are also available for :</p> <ul style="list-style-type: none"> • children aged 2 or 3 years (on 31 August 2024) • primary school children • secondary school children (Year 7 to Year 11) • children aged 6 months to 18 years in a high clinical risk group • close contacts of anyone at high clinical risk <p>Don't delay - if you're eligible get your vaccines now!</p> <p>Find out more and how to book at:</p> <p>COVID-19 vaccinations Flu vaccinations</p> <p>#BeWiseImmunise</p>		<p>https://northeastnorthcumbria.nhs.uk/media/mndcj51z/nhs-covid-and-flu-social-edit-38s-mp4.zip</p>

<p>2. General (short copy)</p>	<p>Be wise, immunise against flu and COVID-19 this winter!</p> <p>Find out if you can get a free flu and COVID-19 vaccine and how to book at:</p> <p>COVID-19 vaccinations Flu vaccinations</p> <p>#BeWiseImmunise</p>		<p>https://northeastnorthcumbria.nhs.uk/media/ndcj51z/nhs-covid-and-flu-social-edit-38s-mp4.zip</p>
<p>3. Who's eligible and how to book (short copy)</p>	<p>Be wise, immunise!</p> <p>Find out if you can get your free flu and COVID-19 vaccinations this year and how you can book an appointment at:</p> <p>COVID-19 vaccinations Flu vaccinations</p> <p>#GetVaccinatedGetProtected</p>		<p>https://northeastnorthcumbria.nhs.uk/media/z2o112z/be-wise-immunise-animations.zip</p>

<p>4. They're free</p>	<p>Be wise, immunise!</p> <p>Protect yourself with a free flu and COVID-19 vaccine this winter.</p> <p>Don't delay - if you're eligible, book your free flu and COVID-19 vaccinations now at</p> <ul style="list-style-type: none"> • your GP practice • community pharmacy • the NHS website • the NHS app • or call 119 <p>Find out more: COVID-19 vaccinations Flu vaccinations</p> <p>#GetVaccinatedGetProtected</p>	 <p>The poster features a purple background with a white arrow pointing right. Inside the arrow, the text reads 'Be Wise Immunise' in large blue letters, followed by 'against COVID-19 and Flu this winter.' in smaller blue text. A cartoon owl wearing glasses is positioned above the text. The NHS logo is in the top right corner. At the bottom right, there are three stacked arrows pointing right with the words 'HERE', 'TO', and 'HELP' inside them.</p>	<p>https://northeastnorthcumbria.nhs.uk/media/z2o112z/be-wise-immunise-animations.zip</p>
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Protecting our communities (NEW)

<p>5. Jolande Migration manager, Tees Valley</p>	<p>Vaccines don't just protect <i>you</i>—they also protect the people you care about!</p> <p>“A lot of people I work with come from places with poor healthcare. They really need our support.” – Jolande, migration manager, Tees Valley.</p> <p>"Look after your community, get vaccinated, get protected!"</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	<p>“For me, it's very much about protecting others”</p> <p>Be Wise. Immunise against COVID-19 and Flu this winter.</p> <p>HERE TO HELP</p>	<p>Video link - https://northeastnorthcumbria.nhs.uk/media/yt/vf1pdt/l-jolande-social-cut-1.mp4</p>
<p>6. Amar ENT surgical registrar, Newcastle</p>	<p>Newcastle-based, ENT surgical registrar, Amar, understands the importance of vaccinations.</p> <p>"Some people are more at risk this winter, but you can do your part to protect them.</p> <p>“We know both viruses can cause severe illnesses in people that are high risk.”</p> <p>"Make sure the people you love are protected."</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	<p>“It's important to protect my high risk patients, my friends and my family”</p> <p>Be Wise. Immunise against COVID-19 and Flu this winter.</p> <p>HERE TO HELP</p>	<p>Video link - https://northeastnorthcumbria.nhs.uk/media/p/wjpu2um/l-amar-social-cut-1.mp4</p>



<p>7. Kuveri Namibian community, Newcastle</p>	<p>"The vaccinations are an investment in your health and your community." – Kuveri, Newcastle.</p> <p>"I encourage everyone to take the vaccination, for their own benefit and to protect people in their community."</p> <p>Do your part. Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>		<p>Video link - https://northeastnorthcumbria.nhs.uk/media/3whkptq5/1-kuveri-social-cut-1.mp4</p>
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Pregnancy – Flu and COVID-19

<p>8. Pregnant</p>	<p>Bump up your protection!</p> <p>If you are pregnant your risk of serious complications from flu and COVID-19 is higher—and it could affect your baby too.</p> <p>It's safe to get the flu and COVID-19 vaccines anytime while pregnant and even while breastfeeding.</p> <p>The vaccines don't contain a live virus, so can't give you or your baby flu or COVID-19.</p> <p>You can get your free flu and COVID-19 vaccines at your regular antenatal visit or GP practice.</p> <p>Talk to your midwife about other recommended vaccines during pregnancy including whooping cough and RSV.</p>		<p>Rhia video https://northeastnorthcumbria.nhs.uk/media/li bf04ey/rhia-final.mp4</p>
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	<p>Find out more at https://www.nhs.uk/pregnancy/keeping-well/vaccinations/</p> <p>#BeWiseImmunise</p>		
<p>9. Rhia</p> <p>Mum and mum to be, Cumbria</p>	<p>"I got all my vaccinations while I was pregnant—flu, Covid, RSV, and whooping cough. I did this to protect myself and my baby."</p> <p>If you're pregnant like Rhia, don't forget to get your vaccinations.</p> <p>Find out more at https://www.nhs.uk/pregnancy/keeping-well/vaccinations/</p> <p>#BeWiseImmunise</p>		<p>Rhia video https://northeastnorthcumbria.nhs.uk/media/li/bf04ey/rhia-final.mp4</p>
<p>10. Pregnant</p>	<p>Pregnant?</p> <p>Get your free flu and COVID-19 vaccines anytime during your pregnancy or while breastfeeding. They are safe and protect you and your baby from serious illness.</p> <p>Talk to your midwife about other recommended vaccines during pregnancy including whooping cough and RSV.</p> <p>Find out more at: https://www.nhs.uk/pregnancy/keeping-well/vaccinations/</p> <p>#BeWiseImmunise</p>		<p>Claire Lisle video https://northeastnorthcumbria.nhs.uk/media/x/hgh53fg/claire-lisle-maternity-be-wise-immunise-final.mp4</p> <p>Alex Payne video https://northeastnorthcumbria.nhs.uk/media/e/cdeccdc/alexandra-payne-maternity-be-wise-immunise-final.mp4</p> <p>Carla Anderson video https://northeastnorthcumbria.nhs.uk/media/t1/fjywhn/carla-maternity-be-wise-immunise-final.mp4</p>

Health and social care staff

<p>11. Adlin</p> <p>Care home worker, Newcastle</p>	<p>“Be a barrier to infections, not a carrier.”</p> <p>If you’re a frontline carer like Adlin, protect yourself and those you care for by getting your winter vaccinations.</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	 <p>The video features Adlin, a care home worker, smiling. The NHS logo is in the top right. A quote bubble says: "The vaccinations help to keep us and the people we care for safe." Below this is a purple arrow pointing right with the text "Be Wise. Immunise" and "against COVID-19 and Flu this winter." At the bottom left are cartoon owl characters, and at the bottom right is a "HERE TO HELP" button.</p>	 <p>ICB Adlin.mp4</p>
<p>12. Christina, Adlin and Rema</p> <p>Care workers, Newcastle</p>	<p>Care workers Christina, Adlin and Rema, understand how important it is to get vaccinated to protect themselves the people they care for</p> <p>All frontline health and social care workers carers in England can get free flu and COVID-19 vaccinations this winter.</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	 <p>The video features three care workers: Christina, Adlin, and Rema, smiling. The NHS logo is in the top right. A quote bubble says: "It's important to get vaccinated to help protect the people we care for." Below this is a purple arrow pointing right with the text "Be Wise. Immunise" and "against COVID-19 and Flu this winter." At the bottom left are cartoon owl characters, and at the bottom right is a "HERE TO HELP" button.</p>	 <p>Care workers with subtitles.mp4</p>

<p>13. Christina</p> <p>Care worker, Newcastle</p>	<p>"It is very, very, important to protect ourselves so our residents are in safe hands."</p> <p>Like frontline carer, Christina, you can get your winter vaccinations to protect yourself and others.</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	 <p>The vaccinations help to keep us and the people we care for safe.</p> <p>Be Wise. Immunise against COVID-19 and Flu this winter.</p> <p>HERE TO HELP</p>	 <p>ICB Christina.mp4</p>
<p>14. Rema</p> <p>Care worker, Newcastle</p>	<p>"This year, I booked my winter vaccinations online."</p> <p>If, like Rema, you're a frontline carer, protect yourself and those you care for by getting your winter vaccinations.</p> <p>Visit the NHS website today to book your vaccinations.</p> <p>#StaySafe #ProtectYourCommunity #BeWiseImmunise</p>	 <p>It's important to get vaccinated to help protect the people we care for.</p> <p>Be Wise. Immunise against COVID-19 and Flu this winter.</p> <p>HERE TO HELP</p>	 <p>ICB Rema.mp4</p>

15. Free for all frontline health and social care staff

You might think that the flu and COVID 19 vaccinations aren't for you – and you're right!

They're also for your family, your friends, your work colleagues - and the people you look after!

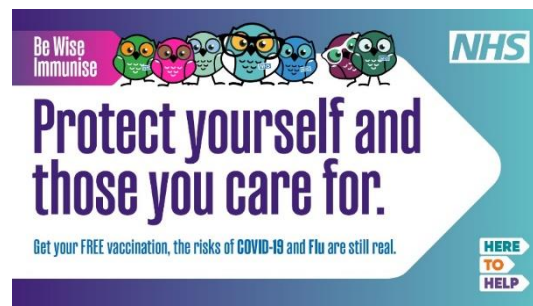
They're free for all frontline health and social care staff and if you're offered them both together, it's safe to have them at the same time!

Staying up to date with your flu and COVID-19 vaccinations is about protecting everyone.

Protect yourself and those you care for!

Visit the [NHS website](#) today to book your vaccinations.

#StaySafe #ProtectYourCommunity
#BeWiseImmunise



High risk conditions

16. High risk general

Anyone can get flu or COVID-19, but some people are at higher risk of developing serious complications including those with high risk health conditions such as:

- heart disease
- chest complaint or serious breathing difficulties – asthma, bronchitis, COPD and emphysema
- kidney disease
- lowered immunity from disease or treatment - steroid medication or cancer treatment
- liver disease
- stroke or a transient ischaemic attack (TIA)
- diabetes
- neurological conditions - multiple sclerosis (MS), Parkinsons or cerebral palsy
- a learning disability
- a problem with your spleen, such as sickle cell disease, or you have had your spleen removed
- you are seriously overweight (BMI of 40 and above)

Protect yourself by getting both vaccines to stay safe and avoid hospital visits!

Find out more and book your vaccines at:

[COVID-19 vaccinations](#)

[Flu vaccinations](#)

#BeWiseImmunise







Defences Down
Double Up Facebook :





<p>17. Diabetes</p>	<p>Living with diabetes?</p> <p>You're 6 times more likely to face severe complications from flu or COVID-19.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Find out more and book your vaccines at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p>Tom video https://northeastnorthcumbria.nhs.uk/media/s2omlmjb/tom-final.mp4</p>
<p>18. Tom Living with Type 1 Diabetes, Newcastle</p>	<p>"Prevention is easier than trying to deal with the illness itself."</p> <p>Tom has Type 1 Diabetes and knows that winter can be tough on his immune system.</p> <p>Every year, he gets his winter vaccinations to stay safe.</p> <p>Find out more and book your vaccines at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p>Tom video https://northeastnorthcumbria.nhs.uk/media/s2omlmjb/tom-final.mp4</p>

<p>19. Asthma, Bronchitis, COPD</p>	<p>Defences down? – Double up!</p> <p>Do you have asthma, bronchitis or COPD?</p> <p>People with a chronic respiratory disease are more likely to have severe complications if they catch flu or COVID-19.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Get both vaccines now!</p> <p>Find out more and book your vaccines at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p> Defences Down Double Up Facebook :</p>
<p>20. Chronic heart disease</p>	<p>Defences down? – Double up!</p> <p>Living with chronic heart disease?</p> <p>People with chronic heart disease are more likely to have severe complications if they catch flu or COVID-19.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Find out more and book your vaccinations at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p> Defences Down Double Up Facebook :</p>

<p>21. Chronic kidney disease</p>	<p>Defences down? – Double up!</p> <p>Living with chronic kidney disease?</p> <p>People with chronic kidney disease are more likely to have severe complications if they catch flu or COVID-19 than someone without an underlying health condition.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Find out more and book your vaccinations at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p>Defences Down Double Up Facebook :</p>
<p>22. Weakened immune system</p>	<p>Defences down? – Double up!</p> <p>Do you have a weakened immune system?</p> <p>If you have a weakened immune system from taking medicines such as steroids or chemotherapy or due to HIV or AIDS - make sure you get your free flu & COVID-19 vaccines this year.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Find out more and book your vaccinations at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p>Defences Down Double Up Facebook :</p>

<p>23. Neurological</p>	<p>Defences down? – Double up!</p> <p>Do you have a neurological condition?</p> <p>If you or a loved one has cerebral palsy, motor neurone disease, MS or Parkinson’s – you don’t need to catch flu or COVID-19 too.</p> <p>Protect yourself by getting both vaccines to stay safe!</p> <p>Find out more and book your vaccinations at: COVID-19 Flu</p> <p>#BeWiseImmunise</p>		<p>Defences Down Double Up Facebook :</p>
<p>General</p>			
<p>24.</p>	<p>If you have had your free flu vaccine, you are likely to be eligible for a COVID-19 Autumn booster this year too.</p> <p>Make sure you get both vaccines to boost your immunity and get fully protected.</p> <p>Find out more and book your vaccinations at: https://www.nhs.uk</p> <p>#BeWiseImmunise</p>		<p>Be wise immunise Facebook and Instagr:</p>

<p>25.</p>	<p>Being healthy won't stop you getting flu or COVID-19 or passing it on to loved ones!</p> <p>Be wise, immunise against both viruses by getting your flu & COVID-19 vaccinations to ensure you're fully protected.</p> <p>Find more and book your vaccinations at: https://www.nhs.uk</p> <p>#BeWiseImmunise</p>	 <p>The poster features a purple background with a white arrow pointing right. Inside the arrow, a cartoon owl wearing glasses is visible. The text reads: 'Be Wise Immunise against COVID-19 and Flu this winter.' In the bottom right corner, there is a 'HERE TO HELP' logo.</p>	 <p>Be wise immunise Facebook and Instagr:</p>
<p>26.</p>	<p>Dr Alex Kent answers all your questions on winter vaccinations.</p> <p>Watch now and book your vaccinations at: https://www.nhs.uk</p> <p>#BeWiseImmunise</p>	 <p>The video thumbnail shows a woman with blonde hair, identified as Dr Alex Kent. The text on the video reads: 'How to stay safe this winter' and 'Hi, I'm Doctor Alex Kent'.</p>	 <p>Q&A Final Portrait with subtitles.mp4</p>

<p>27.</p>	<p>Dr Alex Kent talks about why getting vaccinated this winter is important.</p> <p>You can book your vaccines by going to the NHS website https://www.nhs.uk</p> <p>#BeWiselymmunise</p>		 <p>P Q&A Social cut 1.mp4</p>
<p>28.</p>	<p>Dr Alex Kent talks about who is most at risk of becoming seriously ill from flu and COVID-19.</p> <p>Check if you are eligible for the winter vaccines, on the NHS website and book your vaccines at https://www.nhs.uk</p> <p>#BeWiselymmunise</p>		 <p>P Q&A Social cut 2.mp4</p>

<p>29.</p>	<p>Dr Alex Kent talks about who to speak to, to find out more about winter vaccinations.</p> <p>Stay safe and protect others this winter.</p> <p>Book your vaccines at https://www.nhs.uk</p> <p>#BeWiseImmunise</p>		<p>P Q&A Social cut 4.mp4</p>
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Close contacts of immunosupressed (flu only)

<p>30.</p>	<p>Does someone you live with have a weakened immune system because of illness or treatment?</p> <p>You can help to keep them safe by getting your free flu vaccine.</p> <p>Book now at your GP practice, local pharmacy, on the NHS website, the NHS app, or call 119.</p> <p>Find out more at: Flu</p> <p>#BeWiseImmunise</p>		
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2-3 year olds – Flu only

**31.Book
now**

Be wise immunise, you nose it makes sense!

Getting your child vaccinated against flu this winter could stop them getting really poorly – AND stop flu spreading to family or friends.

There's no needle – just a squirt up the nose - millions of children get it every year – so it's safe too!

If your child is aged 2 to 3 (by 31 August 2024) – make sure they get their FREE Flu jab NOW!

Book a vaccination appointment with your GP and protect YOUR child from flu.

Be wise, immunise!

Go to <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/> to find out more.









[Animation](#)

<p>32. You nose it makes sense!</p>	<p>Protect your little one from the flu—you nose it makes sense!</p> <p>For children aged 2-3, it's as easy as a quick nasal spray—no needles, just protection!</p> <p>Your GP will be in touch to book an appointment but if you haven't heard from them by mid-October, please call to book your child's flu spray.</p> <p>Find out more at : https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/</p> <p>#BeWiseImmunise</p>		<p>Or animation</p>
<p>33. Stop the spread!</p>	<p>Protect your little ones from the flu this winter and keep it from spreading!</p> <p>The free flu nasal spray for 2-3-year-olds not only protects your child but also helps protect the whole family—brothers, sisters, parents, carers and grandparents too!</p> <p>Your GP will contact you to book your child's vaccination.</p> <p>Haven't heard from them by mid-October? Give them a call to arrange a vaccination for your child.</p> <p>Find out more at: https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/</p> <p>#BeWiseImmunise</p>		

<p>34. No needle</p>	<p>Breathe easy—there's no needles!</p> <p>The free flu nasal spray for 2-3-year-olds is a quick, safe squirt up each nostril.</p> <p>Keep your child flu-free this winter!</p> <p>Your GP will be in touch to arrange the vaccination.</p> <p>If you haven't heard from them by mid-October, give them a call to book an appointment.</p> <p>Find out more at: https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/</p> <p>#BeWiseImmunise</p>		<p>Or animation</p>
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Primary School Children - Flu

<p>35. Primary children</p>	<p>All primary school children are recommended a free flu nasal spray this year.</p> <p>Children who have a serious long term health condition will be invited to have their vaccine at their GP Practice.</p> <p>If your child is clinically at risk, they will also be eligible for a COVID-19 autumn booster from 3 October.</p> <p>Find out more: https://www.nhs.uk/conditions/flu/</p> <p>#BeWiseImmunise</p>	  <p>PROTECT YOUR CHILD FROM FLU</p> <p>Remember to complete your child's vaccination consent form.</p> <p>BE WISE IMMUNISE HERE TO HELP</p>	
<p>36. Primary children Consent form</p>	<p>If you have a child in primary school, please remember to sign the consent form for their free flu vaccine.</p> <p>Children who have a serious long term health condition will be invited to have their vaccine by their GP practice.</p> <p>If your child has a high-risk health condition, they will also be eligible for a COVID-19 autumn booster from 3 October.</p> <p>Find out more at: https://www.nhs.uk/conditions/flu/</p> <p>#BeWiseImmunise</p>	  <p>PROTECT YOUR CHILD FROM FLU</p> <p>Remember to complete your child's vaccination consent form.</p> <p>BE WISE IMMUNISE HERE TO HELP</p>	

<p>37. Primary children Stop the spread</p>	<p>Getting your child vaccinated against flu helps reduce their chances of getting seriously ill and stops it spreading to brothers, sisters, carers, parents and grandparents</p> <p>Please remember to complete your child's consent form from school.</p> <p>Children who have a serious long term health condition will be invited to have their vaccine by their GP practice.</p> <p>If your child is clinically high risk, they will also be eligible for a COVID-19 Autumn booster from 3 October.</p> <p>Find out more at: https://www.nhs.uk/conditions/flu/</p> <p>#BeWiseImmunise</p>	  <p>PROTECT YOUR CHILD FROM FLU</p> <p>Remember to complete your child's vaccination consent form.</p> <p>BE WISE IMMUNISE</p> <p>HERE TO HELP</p>	
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Secondary School Children Yrs 7 - 11- Flu

<p>38. Secondary school children consent form</p>	<p>All secondary school children in Years 7-11, will be recommended a free flu vaccine this year.</p> <p>Please remember to complete your child's consent form from school.</p> <p>12-17-year-olds who are at clinical risk will also be eligible for a COVID-19 autumn booster from 3 October.</p> <p>Find out more: https://www.nhs.uk/conditions/flu/</p> <p>#BeWiseImmunise</p>		
<p>39. Secondary school children nasal spray</p>	<p>If your child gets flu, they could miss valuable time at school.</p> <p>The flu nasal spray is safe and available free for those in Years 7-11.</p> <p>Children at clinical risk are also eligible for a COVID-19 Autumn booster from 3 October.</p> <p>Please remember to complete your child's consent form from school.</p> <p>Find out more: https://www.nhs.uk/conditions/flu/</p> <p>#BeWiseImmunise</p>		

<h2 style="margin: 0;">Learning Disability</h2>			
1.	<p>Check out this film made by @TwistingDucks for people with a learning disability about the importance of annual health checks and being immunised against flu #fluimmunisation #learningdisability #BeWiseImmunise</p>		<p>The importance of annual health and checks and flu immunisation</p>
2.	<p>Flu can be a nasty illness and people with a learning disability are at higher risk of developing complications because of flu. @TwistingDucks have made a short film about who should get a flu jab this winter? #fluimmunisation #learningdisability #BeWiseImmunise</p>		<p>Who should get the flu jab?</p>
3.	<p>A short film by @TwistingDucks about how people with a learning disability can get their flu jab this winter. #fluimmunisation #learningdisability #BeWiseImmunise</p>		<p>How do I get the flu jab?</p>
4.	<p>Why is it important that people with a learning disability have their flu jab this winter! Check out this film by @TwistingDucks. #learningdisability #fluimmunisation #BeWiseImmunise</p>		<p>Why do I need to get the flu jab?</p>
5.	<p>Can the flu jab give you flu? Check out these flu immunisation myth busting films by @TwistingDucks #learningdisability #fluimmunisation #BeWiseImmunise</p>		<p>Can the flu jab give you flu?</p>
6.	<p>A short myth busting film by @TwistingDucks about flu immunisation in people with a learning disability – does the flu jab hurt? #learningdisability #fluimmunisation #BeWiseImmunise</p>		<p>Does the flu jab hurt?</p>

7.	Why having your flu jab helps you and others stay well this winter and protected against flu – a short film by @TwistingDucks #learningdisability #fluimmunisation #BeWiseImmunise		How do I help others stay protected from flu?
8.	When will you get your flu jab? Check our this short video by @TwistingDucks to find out more #learningdisability #fluimmunisation #BeWiseImmunise		When will I get my flu jab?
9.	Children with long term conditions are at higher risk of developing complications from flu. Check out this short film about why and how children with a learning disability can be immunised against flu #learningdisability #fluimmunisation #BeWiseImmunise		https://youtu.be/ux9uJ5DEDPo
10.	See this short film about how children with a learning disability can be protected against flu this winter #learningdisability #fluimmunisation #BeWiseImmunise		https://youtu.be/8jw7YQ5IWiy
11.	Flu spreads easily protect you and your loved ones by being immunised against flu. Carers of people with a learning disability are entitled to a free NHS flu vaccine speak to your GP or local pharmacy. #BeWiseImmunise #fluimmunisation #learningdisability		www.learningdisabilitymatters.co.uk
12.	Children with long term conditions such as learning disability are at higher risk of developing complications from flu. Check out the @ldmfamilies website for more info about how to stay protected		www.learningdisabilitymatters.co.uk

#BeWiseImmunise #learningdisability
#fluimmunisation

Translated materials

On the North East and North Cumbria ICB toolkit webpage there are 25 translated versions of this poster.

To view the posters please [visit the website](#).



Translated leaflets can be ordered from choosing the language from the link below which will direct you to the Health Publications website.

www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why

National Communications links

<p>UKHSA resources</p>	<p><u>Child flu leaflets and posters</u></p> <p><u>GP template letter for inviting 2-3s</u></p> <p><u>Easy read posters and leaflets on flu</u></p> <p><u>Simple text flu leaflets for adults and children</u></p> <p><u>NHS vaccines in pregnancy</u></p>
<p>BSL resources</p>	<p><u>The flu vaccination: who should have it and why - BSL - Health Publications</u></p> <p><u>The flu vaccination: who should have it and why - Audio - Health Publications</u></p> <p><u>A guide to the RSV vaccination for pregnant women leaflet - BSL - Health Publications</u></p> <p><u>A guide to the RSV vaccination for pregnant women leaflet - Audio - Health Publications</u></p> <p><u>NHS England » Seasonal vaccination invitation</u></p> <p><u>A guide to the RSV vaccine for older adults - leaflet - BSL - Health Publications</u></p>